

## *CLAIMS*

1. A balance shoe for use in a window jamb, comprising:
  - a slide block;
  - a pivoting locking member coupled to the slide block and biased into a locking position when installed in the jamb; and
  - a camming surface disposed on the pivoting locking member that, upon application of a force, retracts the pivoting locking member from the locked position.
2. The balance shoe of claim 1, wherein the slide block comprises oppositely disposed sliding surfaces for guiding the slide block in the window jamb.
3. The balance shoe of claim 1, wherein the pivoting locking member comprises teeth for engaging the window jamb.
4. The balance shoe of claim 3, wherein the teeth are extendable beyond the slide block to penetrate the window jamb.
5. The balance shoe of claim 1, wherein the pivoting locking member is biased into a locked position by a spring.
6. The balance shoe of claim 1, wherein the camming surface is engagable with a pivot bar disposed on a window sash.
7. The balance shoe of claim 1, wherein the balance shoe is adapted to attach to at least one of a window balance and a window balance cord.
8. The balance shoe of claim 1, wherein the balance shoe is made from a material selected from the group consisting of metal, polymer, wood, and combinations thereof.
9. A window balance system for use in a window jamb, comprising:
  - a window balance;
  - a balance shoe coupled to the window balance, the balance shoe comprising:
    - a slide block;
    - a pivoting locking member coupled to the slide block and biased into a locking position when installed in the jamb; and
    - a camming surface disposed on the pivoting locking member that, upon

- application of a force, retracts the pivoting locking member from the locked position.
10. The balance shoe of claim 9, wherein the pivoting locking member comprises teeth for engaging the window jamb.
  11. The balance shoe of claim 10, wherein the teeth are extendable beyond the slide block to penetrate the window jamb.
  12. The balance shoe of claim 9, wherein the pivoting locking member is biased into a locked position by a spring.
  13. The balance shoe of claim 9, wherein the slide block comprises oppositely disposed sliding surfaces for guiding the slide block in the window jamb.
  14. The balance shoe of claim 9, wherein the camming surface is engagable with a pivot bar disposed on a window sash.
  15. A tilt-in window sash assembly, comprising:
    - a frame comprising a window jamb;
    - at least one tilt-in window sash, the tilt-in window sash operatively slideable in the window jamb and tiltable with respect thereto; and
    - at least one window balance coupled to a balance shoe and the window jamb, the balance shoe positionable in the window jamb and comprising:
      - a slide block;
      - a pivoting locking member coupled to the slide block and biased into a locking position when installed in the jamb; and
      - a camming surface disposed on the pivoting locking member that, upon application of a force, retracts the pivoting locking member from the locked position.
  16. The balance shoe of claim 15, wherein the pivoting locking member comprises teeth for engaging the window jamb.
  17. The balance shoe of claim 16, wherein the teeth are extendable beyond the slide block to penetrate the window jamb.
  18. The balance shoe of claim 15, wherein the pivoting locking member is biased into a locked position by a spring.

19. The balance shoe of claim 15, wherein the camming surface is engagable with a pivot bar disposed on the window sash.
20. The balance shoe of claim 15, wherein the slide block comprises oppositely disposed sliding surfaces for guiding the slide block in the window jamb.
21. A method for locking and unlocking a balance shoe in a window frame, comprising the steps of:
- providing a balance shoe comprising a locking member biased in a locking position, the balance shoe disposed in a jamb of the window; and
  - retracting the locking member with a component coupled to a sash slideable in the jamb.
22. The method of claim 21, wherein the step of retracting the locking member comprises engaging a pivot bar coupled to the sash with a camming surface on the locking member.
23. The method of claim 21, wherein the balance shoe in the locked position comprises a member extendable beyond the slide block to penetrate the jamb a limited depth.
24. The method of claim 21, wherein the locking member is biased into a locked position by a spring.
25. The method of claim 21, wherein the balance shoe is adapted to attach to at least one of a window balance and a window balance cord.
26. The method of claim 21, wherein the balance shoe comprises oppositely disposed sliding surfaces for guiding the balance shoe in the jamb.